

Family-to-Family is a **Free** 12 session educational program that teaches caregivers, family members, and friends how to support and advocate for individuals with serious mental illness. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with mental illness. The program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. In the program, you'll help others and learn about:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family

Compass Behavioral Health

224 E Winnie Ln #212, Carson City, NV 89706

Saturdays from 9am-3pm

Nov 7th - Dec 12th

(Tuesday Nov.24 6-9 p.m. instead of Thanksgiving Sat.)

Contact [Linda Porzig](#) for Info & Registration

NAMI Western NV [775-440-1626](tel:775-440-1626)